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UCSFNEWS

Viruses and Neurological Diseases

Multiple sclerosis, herpes simplex infections, chickenpox, measles, and encephalitis are among the diseases being studied by two UCSF physicians, Drs. Richard Baringer and Kenneth Johnson. They are focusing on viruses and suspected viruses that affect nervous system tissue. Their research indicates that the immune system is of primary importance in the riddle of how some viruses function.

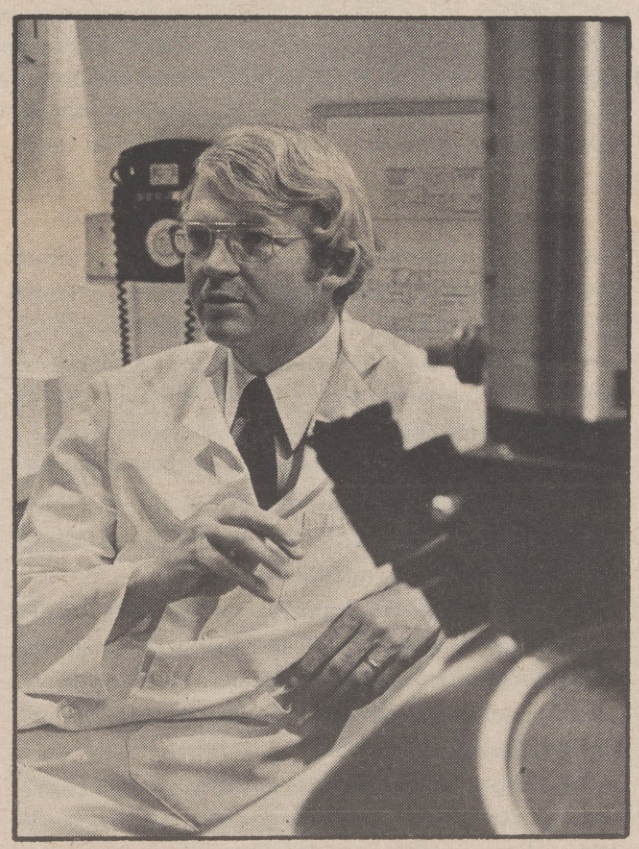
As members of the Department of Neurology at UCSF, Drs. Baringer and Johnson are doing research in the Neurovirology Laboratories at Veterans Administration Hospital, San Francisco, where they also teach. Multiple sclerosis (MS) is a principal target of their research, but their work is basic to understanding other chronic neurological diseases: such as "Lou Gehrig's Disease," for which the technical designation is amytrophic lateral sclerosis (ALS); Parkinson's Disease; and hydrocephalus.

Although the two neurologists have not found the virus (or viruses) that are suspect in MS, tests reveal antibodies in patients with the disease that indicate the presence of from one-to-three viruses. Neither tissue cultures nor the electron microscope have been able to reveal the viral suspect, as yet.

Several Theories About Viral Action

Proceeding from the known to the unknown, Drs. Baringer and Johnson are working on several theories; one is that the virus is either incomplete or appears very briefly and sets off an immune reaction in the individual. This attack may damage the patient's nervous system.

Another possibility is that the virus may exist in a series of defective states and becomes active only when it enters an environment that is favorable to it. Perhaps a single virus, or one of several, prepares the groundwork for an event which triggers an individual's immune system to attack itself: for example, the chickenpox virus may remain latent for years and then suddenly develop into shingles. In experiments, Drs. Baringer and Johnson have found that measles virus injected into hamsters when they are young remains dormant in their brain tissue throughout their lifetime.



Tom Walters

Dr. Richard Baringer, Vice-Chairman of UCSF Department of Neurology describes multiple sclerosis study just initiated at the Neurovirology Laboratory, Veterans Administration Hospital, San Francisco.

Following Clues of a Rare Disease

A rare disease which is being studied at the Neurovirology Laboratory may lead to knowledge about many more common chronic and degenerative conditions. The victims of this disease . . . Subacute Sclerosing Panencephalitis (SSPE) . . . are all children or adolescents. None lives to be an adult. There are usually three phases to the condition; intellectual impairment, epileptic seizures, and a period when the patient is either in a coma or otherwise oblivious to the surrounding environment. Laboratory tests show that SSPE is caused at least in part by a viral agent indistinguishable from measles (rubeola) virus. Antibodies against measles are found in spinal fluid in 100 percent of the cases.

Herpes Simplex

The common "cold sore" is a lesion caused by the virus herpes simplex, which most commonly affects the soft tissue of the mouth or the genital areas. In recent years, herpes simplex has been identified as a factor in such neurological conditions as encephalitis, meningitis, and radiculitis. It is a suspect in other conditions, among them are trigeminal neuralgia and cancer, the latter being that primarily found in the cervix.

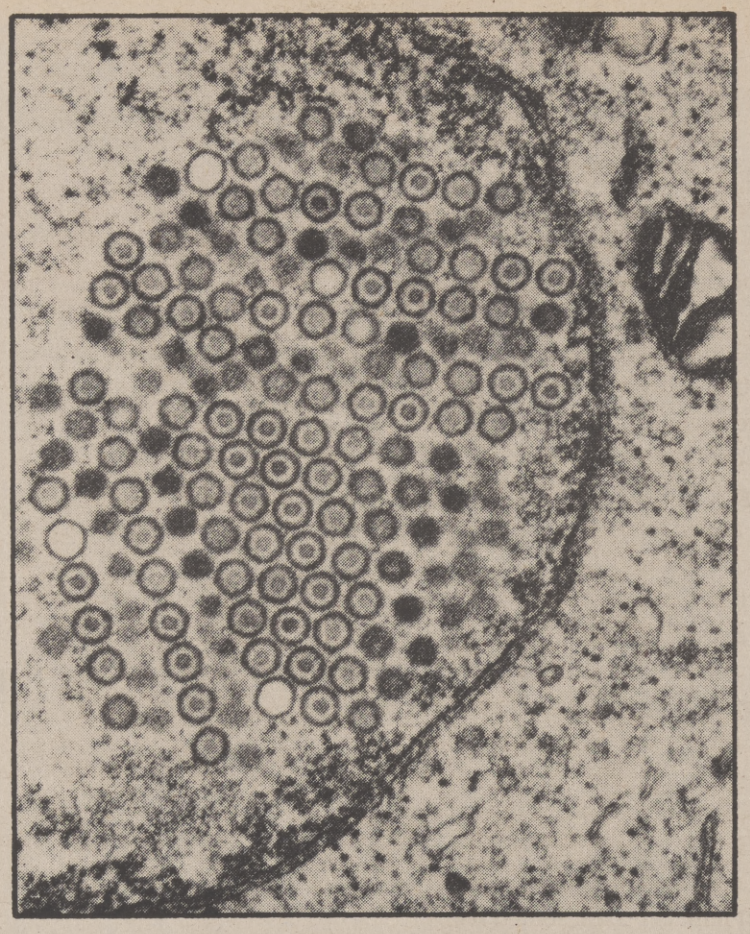
"The characteristic of producing recurrent infection in man . . . such as the 'cold sore'," observes Dr. Baringer, "makes herpes simplex a provocative virus to study. Experiments in which human ganglia were removed and placed in culture succeeded in recovering herpes simplex virus, indicating that the virus resides in latent form in sensory nerve cells."

Multiple Sclerosis Research in Bay Area

In MS, the protective covering (myelin sheath) of nerve fibers is destroyed in patches and scar tissue (plaques) are formed. A progressive neurological disease, MS may cause loss of bladder control, difficulty in walking or running, impaired vision, and other disabling conditions. Patients suffer a slow decline over a period of years. Occasionally their condition may worsen or there may be a period when their systems are improved. Usually they die from other causes. It is estimated that 300,000 to 500,000 individuals in the United States, alone, are victims of this disease. It does not occur at the same rate throughout the world and the incidence is greater in cold climates than in temperate climates.

UC neurologists Baringer and Johnson, both of whom hold the rank of Associate Professor at UCSF,

1. Herpes simplex virus particles from a human sensory ganglion. The particles are composed of a solid core containing DNA surrounded by a protein coat. Each measures 90 millimicrons (approximately 4 millionths of an inch) in diameter; in this electron micrograph they are magnified 116,000 times.



2. Measles virus particles recovered from the brain of a patient with subacute sclerosing panencephalitis, a progressive neurological disease of childhood. The particle is composed of protein arranged in a helical coil around a central core, giving the zipper-like appearance shown here. The particles are magnified 430,000 times.

are starting a major study of MS in the Bay Area, with support from the National Multiple Sclerosis Society. This includes reviewing geographical origins of those with MS; a thorough clinical evaluation of MS patients; and concentrated laboratory research on the presence of antibodies found in blood samples and spinal fluid taken from MS patients. As part of this effort they have started a pathology program to examine brain and nervous system tissue from individuals with MS who have died. They believe this will be an important source of information, one which has not been fully explored because most MS deaths have not been autopsied. The Laboratory cooperates with physicians throughout Northern California to make such studies.

Birth Defects Caused By Viruses

Virus infections were thought for many years to be quick acting, as in polio and influenza. Since the late 1950's, however, it has been shown that a viral infection may take years to mature or may lie dormant for long periods. Their effect on the development of a foetus also has long lasting consequences.

There is increasing information that implicates viral infection as a factor in birth defects. In humans, only three viruses are positively identified; rubella, herpes simplex, and cytomegalovirus, which affects the development of the brain, causing it to be small.

In animals it has been shown that a wide variety of abnormalities are produced by viral infection. Some of the malformations whose origins are unknown in man, have been reproduced in animals by introducing a viral infection.

"The magnitude of the problem of birth defects in man," says Dr. Johnson, "coupled with results of experiments with viruses, indicates that greater efforts should be made to identify those which have a potential to cause birth defects in the human foetus."

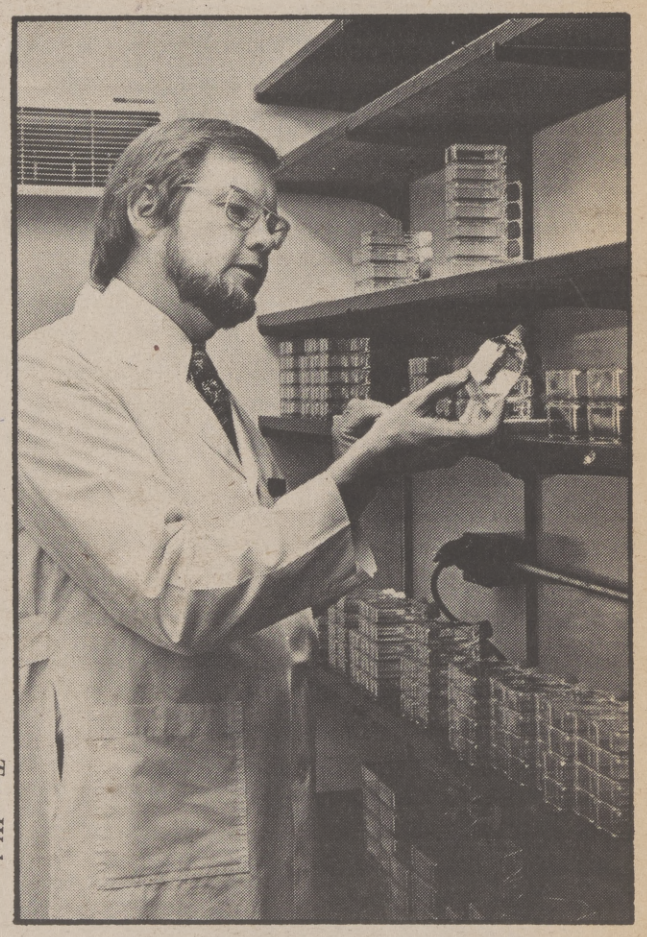
Dr. Johnson believes that among the unsolved problems of human medicine, few are of the magnitude of birth defects. The central nervous system is the most vulnerable because it is unique in that it develops throughout the entire gestational period and continues to develop after birth. Therefore, it has a continuous period of exposure to infection.

"The Neurovirology Laboratory is one of a handful in the country," notes Dr. Robert Fishman, Chairman of the UCSF Department of Neurology, "that is prepared to attack the slow, viral-caused diseases of the nervous system."

"For those individuals who suffer from such conditions as MS, Parkinson's Disease, 'Lou Gehrig's Disease,' pre-senile dementia, and a whole group of ataxias, there is no better hope than these research efforts," concludes Dr. Fishman.

The work of Dr. Baringer, who is Vice-Chairman of the Department of Neurology at UCSF, Dr. Johnson, and fifteen associates at the Neurovirology Laboratory is supported by the National Multiple Sclerosis Society, the National Institutes of Health, the Veterans Administration, and by private donors.

R.C.



Tom Walters

Dr. Kenneth Johnson, Associate Professor of Neurology at UCSF, examines tissue culture flasks kept in walk-in incubator. Tissue is used to study Subacute Sclerosing Panencephalitis.

Cancer Clues in Breast Fluid

For the past three years, Dr. Nicholas L. Petrakis of the G. W. Hooper Foundation at UCSF has been studying breast fluids to find clues to breast cancer—the leading type of cancer found among American women.

Extracting a small amount of fluid from the breast with a modified breast pump, Dr. Petrakis and his colleagues have examined the cells and composition of the fluid to detect possible abnormal cells or chemical changes. They are exploring the possibility that such cells are either indicative of cancer or may be precursors of cancer.

The studies being done at the Hooper Foundation are based on a long known, but seemingly forgotten, fact that most women secrete breast fluid, regardless of age and whether they have ever been pregnant or nursed a baby. Moreover, this fluid contains most of the substances reported to be present in milk.

Dr. Petrakis, Professor of Preventive Medicine and International Health, says that about 75 percent of breast cancers develop in the ducts, the network of glands in which milk is produced and which converge at the nipple. Thus, examining the cells from duct secretions would seem to give the earliest possible detection of abnormality.

The Presence of "Atypical" Cells

In a recent report to the American Society of Clinical Pathologists Dr. Eileen King, Dianna Barrett, and Dr. Petrakis described "atypical" or abnormal cells found in breast secretions in women, even those who had no history of cancer or any overt symptoms of breast disease. Dr. King says that these particular cells are easily differentiated from normal cells and malignant cells by their distinctive appearance. Among 735 clinically normal women they found "atypical" cells in 17, or 2.3 percent. In a small number of women with benign disease, such as cysts or benign tumors, 10 percent had "atypical" cells. Most interesting was that 29 percent of women who currently had breast cancer or who had had treatment in the past for breast cancer had the "atypical" cells.

Dr. Petrakis cautions that much more study is required before any conclusion can be drawn about the significance of "atypical" cells in breast secretion studies. To date their studies suggest a definite association between atypical duct cells and breast disease. The "atypical" cells may be "markers," useful in the study and diagnosis of breast cancer.

In another study with Dr. Sartorius, who developed the modified breast pump, the group is attempting to determine if the aspiration technique is useful for detecting cancer cells in women with suspicious breast lumps.

Genetics May Influence Secretions

Because of the multi-racial population in San Francisco, it has been possible for the group to study the frequency of fluid yielded by women of various races. Some 2,500 women have been studied for the presence or absence of breast secretions. Findings on the first 600 women studied were reported by Dr. Petrakis in a recent issue of the *Journal of the National Cancer Institute*.

[redacted]

secretions."

In an earlier study, Dr. Petrakis reported a link between the risk of breast cancer and the genetically-determined type of ear wax a woman has. Dry, scant ear wax, common among Orientals, appeared to be associated with a low breast cancer risk; whereas the wet, sticky type of ear wax, common in Caucasians, was linked to a higher risk. In recent studies in San Francisco, it was found that breast secretions were reduced markedly in those Oriental women having dry type ear wax.

As a result of these studies, Dr. Petrakis has developed a working hypothesis that combines genetic and environmental aspects of the causes of cancer. He considers that the low breast cancer risk in Oriental women may be related to a genetically influenced reduction of secretion in the non-lactating breast. This would result in minimum secretion and exposure of the breast to possible cancer-producing substances derived from the environment.

In support of this hypothesis, he has found a plethora of substances in breast fluids. "It seems that a lot of what women ingest ends up in their breasts, and some of these substances may be linked to cancer," says Dr. Petrakis.

The investigators are now studying the secretion of substances such as chemicals, drugs, and products of cigarette smoke.

Fats and Breast Fluids

Another area of research concerns the quality and quantity of fat found in breast fluid. The question posed by the group was: Could increased intake of fat in diet be responsible for the high rates of breast cancer in Western countries? They looked especially for deteriorated fats called lipid peroxides. Several investigators have suggested that these substances may be cancer causing, either alone or in combination with other carcinogenic substances. For instance, a moderate increase of peroxidated fats was found in breast fluids of older women. The level was also significantly increased in a small group of women with breast cancer. These findings are very suggestive but must be extended before firm conclusions can be reached, according to Dr. Petrakis.

It has been pointed out by other investigators that women who become pregnant early in life have a lower cancer risk than women who never conceive or who conceive later in life. Dr. Petrakis suggests that this may be due to the "flushing out" of peroxidated fats and other potential carcinogens in breast fluids by the secretion of colostrum (the substance that precedes milk secretion following birth and that has a beneficial effect upon the suckling newborn baby). In any event, he says, "younger women may be better able to handle peroxidated fats than older women."

Dr. Petrakis notes that even though breast cancer is relatively rare among Oriental women, who ordinarily eat little fat, this risk increases when they migrate to Western countries where fat intake is high. This raises the question of increased intake and quality of fat as a possible cause for the higher rates of breast cancer in Western and Westernized countries.

"We are very optimistic that cytological and biochemical study of breast fluid will provide new screening and diagnostic techniques for early detection of breast cancer and will be useful for research into possible causes," Dr. Petrakis concludes.

Joan Spiegelhalter

Women's Health Research

Height, President, National Council of Negro Women; and Dr. Jeanne Quint Benoliel, Professor of Nursing, University of Washington.

Women's "Self-Help Clinics" will be the topic for Sheryl Ruzek, Analyst, Scientific Analysis Corporation.

The conference is open to the public and starts at 8:30 a.m. Additional information may be had by writing or telephoning to the following:

Dr. Virginia Olesen
University of California San Francisco
School of Nursing
Dept. of Social & Behavioral Sciences
1373 Third Avenue
San Francisco, CA 94143
(415) 666-2453

Mary Langlais
National Center for Health Services Research
5600 Fishers Lane, Room 15A-03
Rockville, MD 20852
(301) 443-4119

Carolyn Woodard
Health Resources Administration
5600 Fishers Lane, Room 10-22
Rockville, MD 20852
(301) 443-1960

Grass Roots Fund Raising

Although most research efforts must rely on funding from government agencies or major private foundations, the grass roots fund-raising efforts of "people who care" are also vital.

The following two examples of such support illustrate the personal concern which UCSF so deeply appreciates.

Dean Thiel Foundation

Every spring since 1971, a remarkable community fund raising effort has taken place in Cedar Grove, New Jersey. All of the proceeds have been used to support research on a fatal children's liver disease, being conducted 3,000 miles away at UCSF and San Francisco General Hospital.

It all began as a memorial fund, started by a group of friends and neighbors saddened by the death from liver disease of 4 year old Dean Thiel, son of Charles Thiel, a pharmacist, and Thelma Thiel, a nurse. Out of the memorial fund developed a nonprofit foundation, administered by Mr. and Mrs. Thiel, and their friends . . . some 18 couples. Their major source of fund raising has been an annual community dinner dance and auction.

Proceeds have doubled and tripled over the years to bring in a total of more than $20,000 to aid the research efforts of the UCSF team seeking to conquer intrahepatic biliary atresia, the disease that took Dean Thiel's life.

The research team includes Rudi Schmid, M.D., Chief of Gastroenterology at Moffitt Hospital; William Admirand, M.D., Chief of Gastroenterology at SFGH; and M. M. Thaler, M.D., UCSF Associate Professor of Pediatrics.

The disease, which occurs in early infancy, impairs the liver's ability to function and inevitably leads to death during childhood. Often the children die from heart disease associated with high blood levels of cholesterol. In 1971, Dr. Admirand and his colleagues observed that a common drug, phenobarbital, had the effect of retarding cholesterol accumulation in children having this disease.

Although this drug constitutes an effective form of therapy, it is not a cure. However, the studies to date suggest that phenobarbital prolongs the life in children with intrahepatic biliary atresia.

Charles and Thelma Thiel learned of the therapy too late to be of any benefit to their son. The growth of the Dean Thiel Foundation was inspired by their desire to bring hope to other parents of children with this disease.

To express his gratitude to the Dean Thiel Foundation and the Cedar Grove Community, Dr. Admirand travels to the East Coast to be present at each year's fund raising benefit. He reports that results of the research continue to be encouraging, but much more work needs to be done to effect a cure for this fatal disease of childhood.

Tax deductible donations to the Dean Thiel Foundation are welcome from anyone who wants to help. They may be sent to the UCSF Medical Center, 1120 HSW, San Francisco, CA 94143; Attention: Miss Mona Lee.

Presenting check to Dr. E. Martin Spencer (center) are (left to right) Mrs. Sharon Palmer of TWA Clipped Wings, East Bay Diablo Chapter; Mrs. Barbara Simmons, President of the San Francisco Chapter of Human Growth Foundation; and Mrs. Rosemary Daugherty, Peninsula Chapter of TWA Clipped Wings.

Human Growth Foundation

For their studies to help children with growth problems, eight researchers in various parts of the United States have been awarded grants by the Human Growth Foundation. One of these small grants ($5,000) has been presented to E. Martin Spencer, M.D., Ph.D., of UCSF.

The Human Growth Foundation is an organization of parents and other volunteers who are concerned over the way children grow and the reasons why some children do not become average size adults. Their cause has been adopted, in turn, by another nationwide organization, the Clipped Wings (former TWA airlines stewardesses) who raise most of the funds to support the research grants. In the Bay Area, several active chapters of Clipped Wings assist the project by holding community fund raising events, such as art auctions and wine tasting parties.

UCSF is Northern California's leading center for treatment and research related to human growth problems. Much of this work is made possible by the availability to this medical center of the human growth hormone, which can be obtained only from the human pituitary gland.

Dr. Spencer's current research focuses on the role of *another* hormone, somatomedin, in stimulating the action of the human growth hormone. He explains: "In several medical situations, the plasma levels of the somatomedins are better correlated with growth than the plasma level of growth hormone. This research project attempts to understand the physiologic regulation of the plasma levels of the somatomedins and to evaluate their diagnostic value in patients with altered growth."

The award to Dr. Spencer was announced by Mrs. Ted Simons, of San Jose, president of the Bay Area Chapter of the Human Growth Foundation. She said

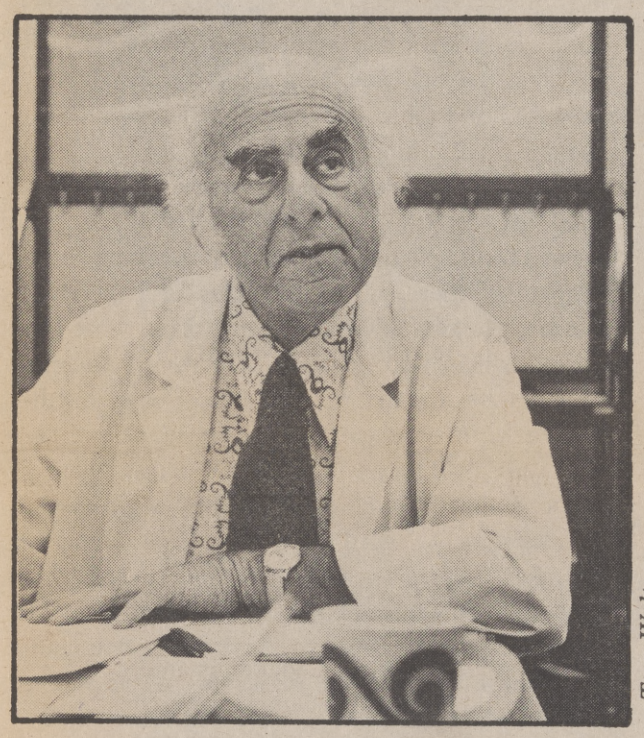
that the recipients of the 1975 grants were selected nationally from among 26 candidates proposed by chapters of the Foundation throughout the United States and Canada.

In addition to aiding research, purposes of the Human Growth Foundation are to promote public understanding of problems of growth retardation, to assist parents of growth retarded children, and to encourage donations of human pituitary glands.

The UCSF Clinical Research Center, headquarters for Dr. Spencer's study, works closely with the Pediatric Endocrine Unit here, whose co-Director, Dr. Selna Kaplan, M.D., Professor of Pediatrics, has made many distinguished contributions to human growth research and treatment.

Claire Wray

New National Commission on Arthritis



Tom Walters

Ephraim Engleman, M.D., Chairman of the new National Arthritis Commission.

Dr. Ephraim P. Engleman, UCSF Clinical Professor of Medicine and a world authority on arthritis, has been elected Chairman of the recently appointed 17 member National Commission on Arthritis.

With the formation of the Commission by the Secretary of Health, Education and Welfare, $50 million was authorized by Congress for research and education on arthritis. According to Dr. Engleman, this was a major breakthrough in a long-neglected effort to attack one of the Nation's major health problems.

"Actually," says Dr. Engleman, "arthritis is not a single disease, but a group of approximately 50 diseases categorized as arthritis, which affect some 20 million Americans. Because arthritis is the most common cause of work loss and disability, it is a serious social and economic as well as health problem."

The Commission is charged with the responsibility of gathering information to justify appropriation of the $50 million earmarked for research and education. To accomplish this, six work groups have been formed to draft recommendations for research, patient and professional education, epidemiology, community health problems, data collection and public policy as they relate to arthritis.

The Commission will hold public hearings in key areas throughout the United States, including California. Patients, physicians, and others concerned with the problem will be invited to submit suggestions at these meetings.

It is proposed that a major portion of the funds appropriated by Congress be used to develop a national network of Arthritis Centers that would coordinate services to patients, physicians, and others.

The Commission is the result of the National Arthritis Act passed by Congress in 1974. This Act expanded the authority of the National Institute of Arthritis, Metabolic and Digestive Diseases, Dermatology and Diabetes, to advance a national attack on Arthritis. Although the NIAMDD has appropriations of $130 million for research, only 9 percent of that amount was made available last year to study the cause and prevention of arthritis.

Claire Wray

Mercy High Sophomores' Gift

The sophomore class of Mercy High School voted to give the $203.84 they earned from a car wash on April 26 to the Children's Renal Center at UCSF.

The gift was accompanied by a letter from the class president, Eileen McCaffery, which concluded with these words:

"I hope this money can be put to use in the aid of young kidney disease patients, to help build their hope and strength to lead normal lives."

The Renal Center, formerly located at San Francisco General Hospital, opened at UCSF Ambulatory Care Center last April. It was established to meet the needs of young patients, from diagnosis to transplantation to post-transplantation care and counseling. Experts help the child and the family to meet many complex day-by-day problems which are the result of kidney disease.

Joan Spiegelhalter

Remodeling Program for LPNI

An 18 month remodeling program is underway to bring the Langley Porter Neuropsychiatric Institute on the UCSF campus into conformity with State fire and earthquake safety codes.

In describing the construction project, Julia Robinson, Langley Porter Institute Administrator, says that the outside walls of the original buildings will remain standing. There will be no increase in the size of the buildings, constructed over 30 years ago, but the interiors of the Parnassus and Moffitt wings, and the 4th floor of the Annex, will be modernized in two construction phases.

To prepare for the first phase of the reconstruction project, the Parnassus Avenue wing has been vacated, and the Adolescent Treatment Service along with most of the administrative staff have been relocated in leased quarters at the U.S. Public Health Service Hospital, 14th Avenue and Lake St. Some administrative staff and most clinical personnel, faculty, and patients will remain at the Parnassus Avenue location.

The Institute will continue to fulfill its commitments to patient care, teaching and research, but with some necessary reduction in beds during construction. To accomplish this, the adult patient wards are being consolidated and adult beds will be reduced from their present number 57, to 36 beds in the first nine-month phase of the project, and to 21 beds in the second nine-month phase. During this period of reduced bed capacity, there will be some shift in emphasis from inpatient ward care to emergency acute care, day care, and home visiting.

"We will be using other community resources for some of our clinical training programs, but there will be a full range of patient services," says Mrs. Robinson. She adds that LPNI also will continue to meet the terms of its contract with the City's Community Mental Health Services District 5, which serves residents of the Sunset-Richmond area.

Claire Wray

Friends of LPNI Give Gifts

The Friends of Langley Porter recently presented a gift to the Children's Service and to the Library.

A wine-tasting held by Mrs. Franklin A. McWilliam at the Wine Museum was the source of funds which enabled the Friends to buy a Language Master. This machine helps children to learn basic concepts of language, with emphasis on verbs and nouns.

Proceeds from the Freud-Jung Symposium held last October under the chairmanship of Mrs. Charles H. Klaif, made possible a $500 donation to the Langley Porter Neuropsychiatric Institute's Library. The gift will allow purchase of books and journals not covered by the annual budget.

* * * * * * * * *

Video-cassettes of the Freud-Jung Symposium are available for rental through the Friends of Langley Porter. Each cassette plays 60 minutes and is on ¾" video tape. Rental is $25 per cassette for one week. The titles of the tapes are: "Freud and Jung, Some Pictorial Reflections"; "Panel on Similarities and Differences"; "Freud and Jung Correspondence—A Dialogue"; and "The Future of Depth Psychology." For further information call 681-8080, extension 397.

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Communities

Israel Kayatsky, S.F. Progress

Chancellor's Award winners, left to right, Ms. Kathryn J. Forbes, Ms. Patricia Diridoni, and Dr. Miriam Gould. Ms. Patricia Costello (far right) presented the certificates.

Women Win Chancellor's Award

On May 29 the 1975 Chancellor's Awards for Public Service ceremony at UCSF honored 16 individuals whose service to others extended into the community beyond the scope of their University duties; awards were bestowed on three women.

Ms. Patricia Diridoni, Department of Medicine, was awarded the Thomas N. Burbridge Public Service Award and $600, $100 of which was given by the UCSF Black Caucus, for her significant contributions toward desegregating schools and helping establish the Riles Commission to help solve school district problems in San Francisco.

Ms. Kathryn J. Forbes, Outpatient Department, and Dr. Miriam Gould, Department of Psychiatry, each won the Chancellor's Award for Public Service and $500.

Ms. Forbes was cited for her long involvement in aiding youths, the blind, and the sick in the community and in helping raise funds for disaster victims and UBAC.

Dr. Gould was cited for founding and directing the Haight-Ashbury Children's Center and for leading a city-wide crusade to release surplus government food to feed the poor of San Francisco; and for her work with SENEX, which aids and feeds the aged in the City.

Mrs. Patricia Costello, a recipient this year of the Phoebe Apperson Hearst Medallion for her work with mentally ill children, joined Chancellor Francis A. Sooy in presenting the awards.

Chancellor Sooy noted that each individual nominated for an award by staff, students, and faculty has made outstanding contributions to the Bay Area community in such fields as education, equal opportunity, health services, neighborhood improvement, housing and other urban problems and deserves the highest honor, even though the awards are limited to three.

The other Chancellor's Award nominees were: Dr. Joan Ablon, Mr. A. Freeman Bradley, Jr., Dr. John E. Conte, Jr., Mr. Otis Daniels, Mr. Vincent Faber, Mr. Lee Jackson, Dr. Nicholas Petrakis, Mr. Eugene S. Salazar, Dr. David J. Sanchez, Jr., Mr. Alphonse A. Seubert, Dr. Sol Silverman, Dr. Marvin Stark, Dr. Malcolm S. M. Watts.

The annual awards were established in 1970 by former Chancellor Philip R. Lee.

Chancellor Sooy announced that a permanent bronze plaque bearing the names of all award winners has been installed in the Medical Sciences Lobby.

Joan Spiegelhalter

A New Effort to Share Information

Alcoholism is a treatable disease. This fact was emphasized during a conference held recently at UCSF. Community members, at the invitation of Chancellor Sooy, met with physicians, social workers, psychologists, and administrative staff members to discuss the needs of an adequate program at UCSF to help alcoholics, especially those within the Sunset-Parkside Community.

Several participants at the conference, themselves "recovered alcoholics," discussed the special needs of alcoholic patients after the disease is diagnosed.

There was general agreement among the physicians who spoke that more information about alcohol addiction should be made available to physicians. Dr. David Smith, Assistant Clinical Professor of Toxicology at UCSF and Director of the Haight-Ashbury Free Clinic, strongly urged that continuing education courses be held for physicians to inform them about diagnostic criteria, symptoms, detoxification techniques, and services that are available in the community for supportive therapy. He believes that it is especially important to increase awareness among physicians of the more subtle indications of alcoholism.

From his experience at San Francisco General Hospital, where he directs the Alcohol Detoxification Unit and is Assistant Professor in Residence, Medicine, Dr. Charles Becker reported on what he considers to be precise criteria for determining alcoholism by blood test. He favors a routine blood test for alcohol content as part of every hospital entry series. He also spoke about the successful treatment of alcoholism, particularly if diagnosed at an early phase. He believes that in addition to educating physicians, laymen should also know more about alcoholism and the community facilities which are available for continuing treatment.

Director of the Alcoholic Unit at the U.S. Public Health Service Hospital, Dr. Gil Ayotte, talked about the need for follow-up services because a long period of supportive therapy is a vital factor for successful recovery. He also advocates emphasizing what he terms "realistic" information about the treatment of alcoholics: such as that patients are not treated without their written consent; that the treatment will be successful only if they want to cooperate; and that telephone directories always have listings for emergency services . . . listed under *Alcoholics*. He agrees with other participants that the program used by Alcoholics Anonymous has the most effective results.

As principal spokesman for the Sunset Community, Mr. Arthur Flannigan, who is President of the Sunset-Parkside Alcoholism Resources Committee, noted the absence of an adequate admitting policy at UCSF, or any other major health facility in the area, for alcoholics. He expanded on the extent of the problem and the social and economic factors associated with alcoholism, especially among blue-collar workers.

"Co-alcoholism" was the theme of a strong plea made by Ms. Jan Barnes that the curricula of health sciences students include placement in community alcohol clinics as part of their training. "Re-socializing" was the term she applied to an area of supportive treatment of which she believes most physicians are unaware.

Both Vice-Chancellor Eric Erickson and Mr. Flannigan, who works with teamsters, expressed deep concern about UCSF employees who are alcoholics. When they report to work and are not able to perform their duties, immediate help is needed for them. Presently, there is no detoxification service available at UCSF for alcoholics.

All those who spoke during the conference agreed that there are adequate facilities in the community to provide continuing treatment; the crucial problem is to educate physicians about alcoholism, to overcome the pessimistic attitude about alcoholics which many physicians have, and to alert them to community facilities which can provide supportive therapy after diagnosis and detoxification. Among the many

organizations which provide continuing treatment for alcoholics, Alcoholics Anonymous and the National Council on Alcoholism are probably the main sources of information for and about alcoholics.

In summary, the speakers agreed that alcoholism cannot be cured but that it is a treatable disease and a successful recovery can be made. As proof, there could be none more convincing than the productive accomplishments of the several participants at the conference who, themselves, are "recovered alcoholics" working to provide better health care for untreated alcoholics.

This initial conference will be followed by others to determine ways in which the community and UCSF can work together to provide diagnostic and detoxification services and to increase education about alcoholism.

The round-table discussion about alcohol was the second in a series projected to explore areas of health care need in the community. The first dialogue concerned problems and conditions that affect the elderly.

The newly created Health Education Program for Seniors was discussed by a core group composed of representatives from the San Francisco Council of Churches, and the UCSF Medical Center.

Mr. Jack McKay, Associate Director of the Council of Churches, described Senior Centers that have been active in churches throughout the city for 19 years. Aid has been given to them by public health nurses and community volunteers. It was proposed that the UCSF project be coordinated with these programs by focusing on health education and bringing teams of UCSF physicians, dentists, nurses, social workers, and students to Senior Centers throughout the City. The teams are to conduct informational and discussion groups dealing with such problems as arthritis, heart problems, hypertension, nutrition, problems of the eyes, ears, feet and teeth, and maintaining healthy mental attitudes.

This new program started June 4 as a pilot project in three different locations in the City and this first phase ends in July. There will be an evaluation to determine how a continuing program can be developed. Meanwhile, the program will be continued an additional four months at a total of seven locations. The basic aim is to provide a health education program for Seniors in the community that will enable them to deal more effectively with health problems.

Two UCSF employees, Suvira Chaturvedi and Michael Heyn, are arranging these series of meetings during which information and skills can be exchanged between community organizations and individuals and UCSF health professionals and administrators.

Conservatory of Flowers Revisited

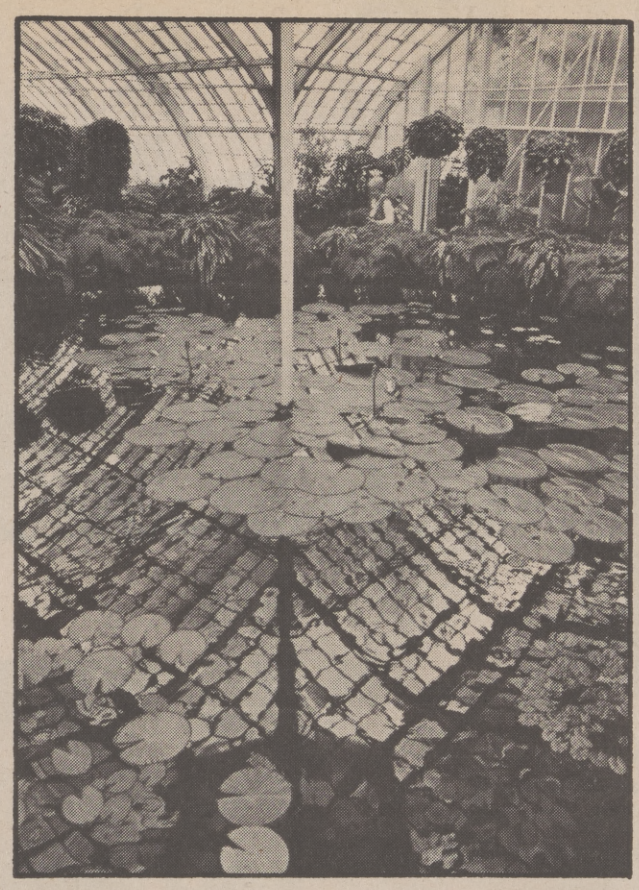
The arrival of summer means vacation, and trips, and thousands of sightseers who will visit the Conservatory of Flowers in Golden Gate Park. An indoor garden, filled the year 'round with colorful blossoms, the Conservatory is a source of pleasure that is always available to the people of San Francisco. Under the direction of Mr. Clarence Shaw, there is an unending supply of flowering plants and shrubs. Even on cold, gray days one may wander within the fragile, glass cocoon and be surrounded by colorful blossoms.

Designed to duplicate the famous English conservatory in Kew Gardens, the Golden Gate Conservatory is the oldest building in the Park. It was made in England, crated, and shipped around the Horn to Mr. James Lick in San Jose. After his death the still-crated building was purchased and offered to the SF Park Commission by a two-man committee . . . Mr. James Irvine and W. F. Whittier.

The scars of recent vandalism are almost invisible but much remains to be done. The San Francisco Garden Club has held benefits to raise funds. Recently, Kew Gardens sent some rare plants to aid in replacing those that were destroyed.

Mr. Clarence Shaw, Chief Nurseryman, surrounded by a rainbow of blossoms, familiarly called "Ladies Pocketbook."

photos by Tom Walters



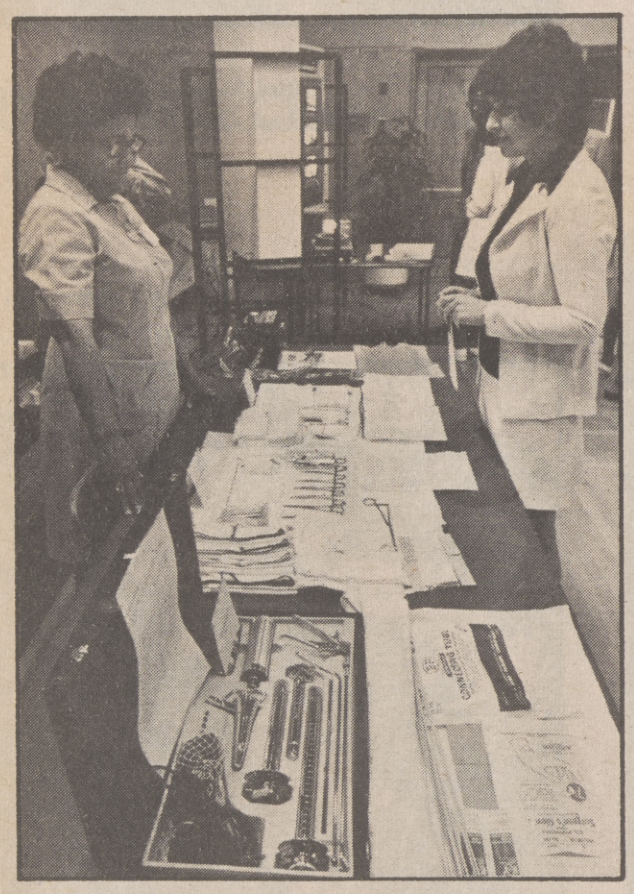
The pool, dappled with lily pads and surrounded by Hare or Rabbit's Foot fern (Davallia fejeensis).

Philodendrons, ferns, mosses, and palms form a small jungle beneath the glass-paned dome.

Cover photo is a close-up of Senecio cruentus var., *otherwise called Cineraria.*

Robert A. Derzon, Director of UCSF Hospitals and Clinics expressed his appreciation to Auxiliary members and volunteers. Seated (right) is Mrs. Florence Witter.

The Hospital Week Committee arranged a handsome, informative series of exhibits in Millberry Union Gymnasium. The Auxiliary awarded a $250 prize to the best display. Photographed during the Auxiliary's Annual Luncheon were: (left to right), Bob Palmer, Ed Martinez, Hollis Grey, Jackie Brumberg, Anita Pool, and Donald Bartlow.

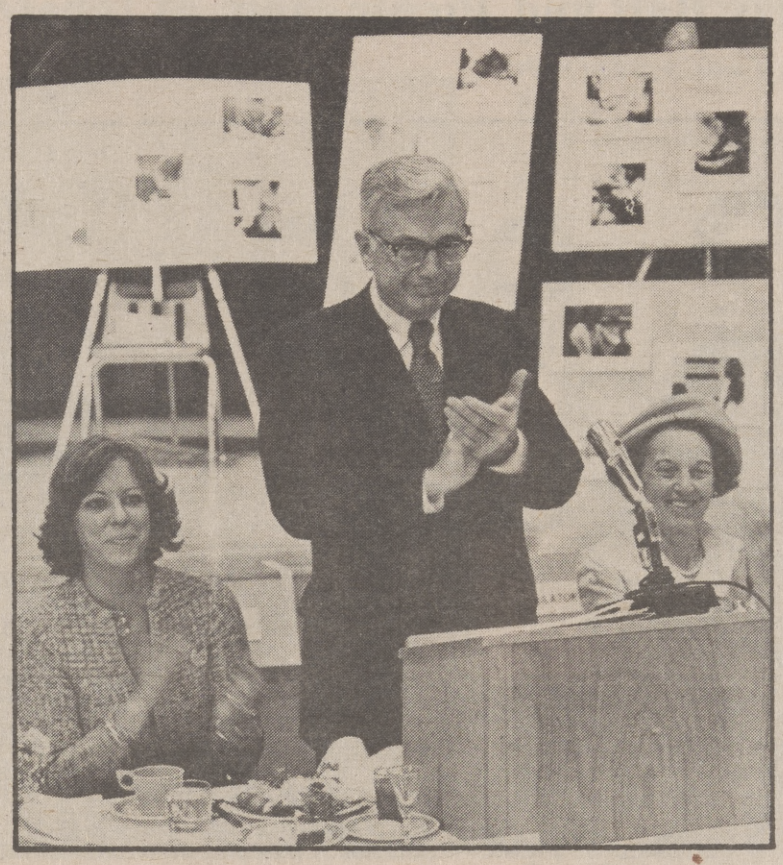


Auxiliary members and guests viewed the exhibits which ringed the dining area in Milberry Union gymnasium. A prize of $250 was awarded by the Auxiliary to the best exhibit.

Mrs. Hilliard Katz, Chairman of the committee that bought the mini-ambulance. A gift of the Auxiliary, the vehicle will be used to transport patients who are unable to walk from the Ambulatory Care Center to Moffitt Hospital. A removable cover protects the patient and attendants on cold and rainy days.

photos by Tom Walters

Annual Auxiliary Luncheon



Chancellor Sooy was joined by Mrs. Shelley Hutchins, Auxiliary President (left) and Mrs. Florence Witter (right) in applauding the outstanding contributions made by members at the Founders' table.

The UC Hospitals Auxiliary celebrated its Fifteenth Anniversary during the annual luncheon meeting convened by Mrs. Shelley Hutchins, President. The festive occasion, held in Millberry Gymnasium, honored the founding members of the Volunteer Service and special friends.

The occasion also introduced National Hospital Week and exhibits from UCSF Hospitals and Clinics were on display. A prize of $250 was awarded by the Auxiliary to the entry designed by Surgery's Operating and Recovery Room staff.

During the meeting, Mrs. Hutchins thanked particularly the founding members of the Volunteers for their continued interest and support: Those present were Mrs. Fred Bloch, Mrs. Helen Fries, Dr. John Saunders, and Mr. Harold Hixson.

"The little gifts at your places," said Mrs. Hutchins, with a mischievous sparkle in her eyes, "represent our deep appreciation of each one of you as guiding lights." Inside the packages were small flashlights with five-year batteries.

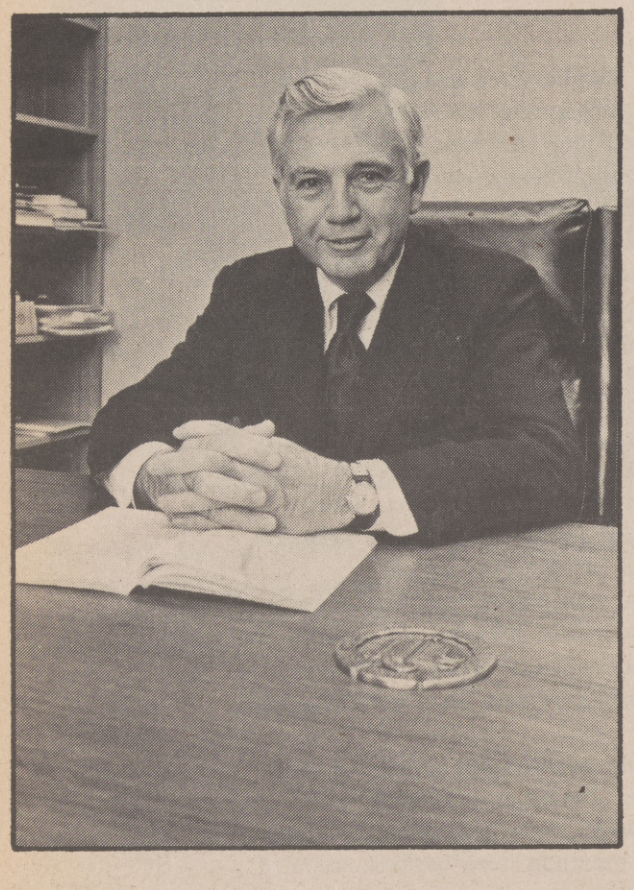
Mrs. Maryann Margaretten was applauded for her tasteful decorations. The several bouquets which graced each table were unique arrangements of calico flowers and baby's breath in straw baskets, accented with gingham bows.

After the business meeting, guest speakers, Ms. Gail Perin and Ms. Barbara Wallace, gave a joint presentation of their work with children who have cancer. Ms. Perin, who has a Master's degree in Nursing, and Ms. Wallace, who has a Master's degree in Social Work, continue consultation with each family long after the child returns home. They visit in the home, and are available to consult with teachers or other individuals concerned with the youngster's well-being.

Mrs. Fred Bloch (left) is greeted by Mrs. Francis Sooy, a former President of the Auxiliary. Mrs. Bloch, together with the late Dr. Leon Goldman, founded the Volunteer Service organization at UCSF.

Seated at the table for founding members of the Volunteers and special friends of the Auxiliary were: (clockwise) Mrs. Helen Fries, Mr. Richard Ham, Mrs. Howard Naffziger, Dr. John Saunders, Mr. Harold Hixson, Mrs. Fred Bloch, and Mrs. Benson Roe.

Memo



What kinds of outreach programs is the University of California, San Francisco involved in?

Who initiated the programs, U.C. San Francisco or the community?

Is the University's involvement in programs beneficial and meeting the expectations of the community groups?

What additional involvement could there be from UCSF?

These are questions that are being asked by Mr. Thomas W. Gwyn who has recently joined the University of California, San Francisco as an independent consultant. He will do a thorough survey of UCSF outreach involvement and advise Vice-Chancellor Farber and me on program areas and community concerns in which the University might increase its involvement.

Tom Gwyn is uniquely qualified to accomplish this survey and evaluation. His experience includes Directorship of an On-the-job Training Project for the Bay Area Urban League, Project Coordinator for the San Francisco Consortium, and more recently he was a Consultant to several State Legislative Committees. We feel very fortunate to have available to us Tom Gwyn's experience in reviewing and analyzing public needs and their relationship to legislation, combined with his knowledge of a sensitivity to our campus and to its communities.

Tom Gwyn has an office on campus and is available at 666-2557 if anyone would like to talk with him.

Francis A. Sooy, M.D., Chancellor

On Campus

Play Ball and Picnic, Too

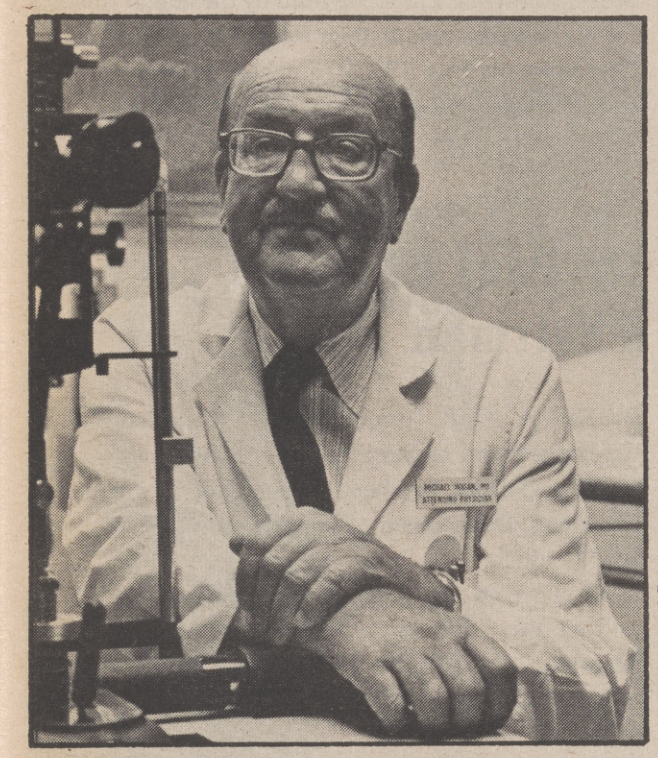
The annual game and picnic will be held this summer by the softball teams of the UCPD (UCSF campus police) and Park Station (San Francisco Police). The event, at San Bruno Park, is tentatively scheduled the last week in July. This continues a six-year tradition of softball games between the two teams. Shown in the photo are (from left to right): Officer Harb Briscoe, UCPD Coach; Officer Tom Boyd, Park Station Coach; Chief La Verne Lopes, UCPD, holding trophy won by our team in 1974; Officer Bert Aceret, UCPD Coach; and Officer Tony Arnold, Park Station Coach. For further information, contact Tom Boyd, Park Station, 553-1061, or Bert Aceret, UCPD, 666-1414.

Tom Walters

VITA Volunteers

VITA Volunteers who assisted members of the campus and community in tax preparation for 1974 are (standing, left to right): Gloria Darling, Rose Mercado, Flordeliza Capili, Rose Miwa, Minh Murphy, Phil Ruttenberg, Monroe Seifer and John Wiley (IRS Representatives), Carolyn Koster, and Jim McKinley. Assisting at the table are Russell Obana (using calculator), Freeman Bradley (in white coat), and Nancy Lyon (seated at far right). Those Volunteers who participated but are not shown are Esther Wilhelm, Mabel Emmons, Karen Robertson, Lee McLaughlin, and Bart Rugo. VITA Volunteers prepared approximately 97 income tax returns and assisted 294 people in tax preparation.

Howe Medal to Hogan



Tom Walters

Dr. Michael J. Hogan, retiring Chairman of the UCSF Department of Ophthalmology starts a new career as director of the foundation "That Man May See."

The Lucien Howe Medal of the American Ophthalmologic Society was awarded this year to Dr. Michael J. Hogan, Professor and Chairman of the Department of Ophthalmology at UCSF. It is one of the highest honors a scientist can receive and it is the only award made by the Society.

Dr. Hogan, who retires from the UCSF faculty this year, is known internationally for his teaching and for his research accomplishments, particularly in the group of eye diseases called "uveitis," and on toxoplasmosis. He has been a member of the faculty since 1941.

In addition to treating patients, teaching, and conducting research at the Medical Center, Dr. Hogan also served as the first Director of the Francis I. Proctor Foundation from 1947 to 1959.

Several years ago, Dr. Hogan worked with the California Elk's Association in establishing the Elk's Children's Eye Clinic at the Medical Center. Children from all parts of the state are referred to the Clinic by physicians for treatment not available in their home town.

A native of Kemmerer, Wyoming, Dr. Hogan received his M.D. degree from Cornell University in 1932, interned at General Hospital in New Jersey, and completed his residency in surgery at Bellevue, New York City. After three years of private practice in San Diego, Dr. Hogan completed his residency in Ophthalmology at the University of California San Francisco Medical Center.

The Lucien Howe Medal is given to recognize . . . "discoveries so notable as to advance suddenly the progress of ophthalmology . . . for conspicuous ophthalmological service as a writer or teacher . . . or for long years of devotion to our science and whose contributions constitute unusually distinguished service."

Only three other physicians in the western United States have won the Howe Medal. They are Drs. Frederick C. Cordes, Phillips Thygeson, and Dormann Pischel.

Dr. Hogan will continue to do eye disease research. He is a founding member of a new Foundation devoted to combating diseases that blind. It is called "That Man May See."

Diabetes Foundation Award

The David Rumbaugh Memorial Award for Scientific Achievement was presented this month by the Juvenile Diabetes Society to Dr. John E. Gerich and Dr. Peter H. Forsham, both members of the UCSF School of Medicine. This annual award honored the researchers for their work on glucagon, the second hormone from the pancreas active in blood sugar regulation.

Normally, glucagon opposes the blood-sugar lowering action of insulin. Drs. Gerich and Forsham used a synthetic hormone, somatostatin, and clearly demonstrated that it lowered glucagon secretion in man. In addition the somatostatin lowered the blood sugar level in diabetics who require insulin; and also prevented the dreaded ketoacidosis and coma. Thus somatostatin is capable of preventing those bio-chemical lesions that characterize the diabetic state.

Somatostatin was discovered last year by Dr. Roger Guillemin of the Salk Institute in San Diego. He and his colleagues were attempting to isolate from sheep pituitary glands the factor that causes the release of growth hormone. Instead they found the substance that inhibits the release of growth hormone. They named the new substance somatostatin.

It was Dr. Gerich, then Assistant Research Physician, and Dr. Forsham, Professor and Director of the Metabolic Research Unit at UCSF, who, with permission of the Human Rights Committee, used somatostatin to treat human subjects.

In spite of the fact that this work has now been confirmed by a group in England, it will probably be three-to-five years longer before somatostatin can be given with insulin to produce a more effective and stable treatment of high blood sugar and ketoacidosis in a routine fashion.

The Juvenile Diabetes Foundation chose to honor the UCSF researchers for this break-through in research related to diabetes.

Nurtured in the best tradition of private enterprise, the Foundation was formed five years ago in Philadelphia by three women who were the mothers of diabetic children. Over a luncheon table they deplored the fact that there was little hope for their children because of the well-known, long-range vascular complications of the disease. Agreeing among themselves that only accelerated research in diabetes held any hope for the future, they resolved to establish a foundation to raise funds and encourage research.

Within three years the Juvenile Diabetes Foundation was recognized as a health agency eligible for tax-exempt donation status. At its fifth annual meeting this year it was announced that they had collected over one million dollars, 80 percent of which has been distributed to researchers whose merits were judged by an expert medical advisory board.

Much of the Foundation's success can be traced to the enthusiastic devotion of Mrs. Edwin M. Ducat, who has been re-elected President of the national organization for the coming year. Other chapters of the Juvenile Diabetes Foundation are forming throughout the country. The only California chapter is in San Bernardino. All work is on a volunteer basis.

The annual research award was named in memory of David Rumbaugh, son of ex-movie actress Dina Merrill, who is the wife of Clift Robertson. Young Rumbaugh, who was a juvenile diabetic, was killed in a boating accident.

USF Honors Dr. Saunders

President William A. McInnes, S.J. (left) bestowing the honorary degree, Doctor of Humane Letters, on Dr. John B.deC. M. Saunders. Assisting is the Reverend Philip Callahan. Dr. Harold A. Harper (far right) was sponsor for Dr. Saunders.

On behalf of the University of San Francisco, the Rev. William C. McInnes, S.J., conferred an honorary degree on Dr. John B. deC.M. Saunders during commencement exercises held the first day of June. The degree, Doctorate of Humane Letters, was presented to Dr. Saunders for his contributions to science and the literature of medicine. Noting his career at the University of California, the citation read by Dr. Harold Harper, Dean of the Graduate Division at UCSF, stated in part:

"The University of San Francisco honors him, not only as an eminent scientist and a medical educator of great distinction, but also takes cognizance of his equally praiseworthy achievements as a humanistic scholar who has moved with equal facility in the realms of pure science and the humanities. The latter he has served as historian of the health sciences elucidating, particularly, the contributions to Anatomy of Vesalius and Da Vinci and the foundations of modern medicine laid by the ancient Egyptian and Greek masters. He has, indeed, demonstrated that in this, the age of science, it is still possible to achieve distinction in pure science while retaining the breadth of humanistic scholarship attributed to the Renaissance man."

Dr. Page Starts New Career

Dr. Ernest W. Page, Professor—and Chairman from 1956-1973—of the Department of Obstetrics and Gynecology retired this month after a career at UCSF spanning 38 years.

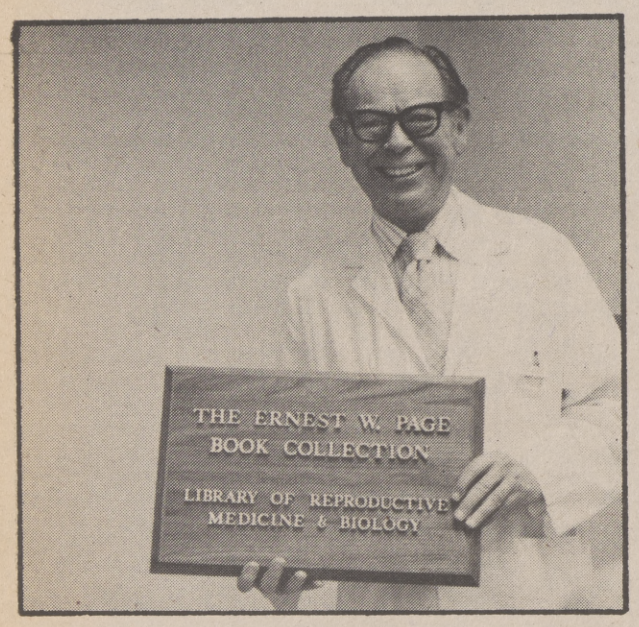
Retirement is hardly the word in his case, however, because he leaves UCSF to become the first Chairman of OB-GYN at Rutgers State University in New Jersey, whose medical school has recently grown from a 2-year to a 4-year college.

Dr. Page will organize the department and recruit the faculty. Helping him will be his administrative assistant of 33 years at UCSF, Miss Marie McCabe.

Last May 13, in a ceremony preceding OB-GYN Rounds, Dr. Robert B. Jaffe, present Chairman of OB-GYN, presented Dr. Page with a bronze plaque that now adorns the department's library door. It reads: "The Ernest W. Page Book Collection, Library of Reproductive Medicine and Biology." Dr. Page has donated his life-long collection of books dealing with reproduction to the department.

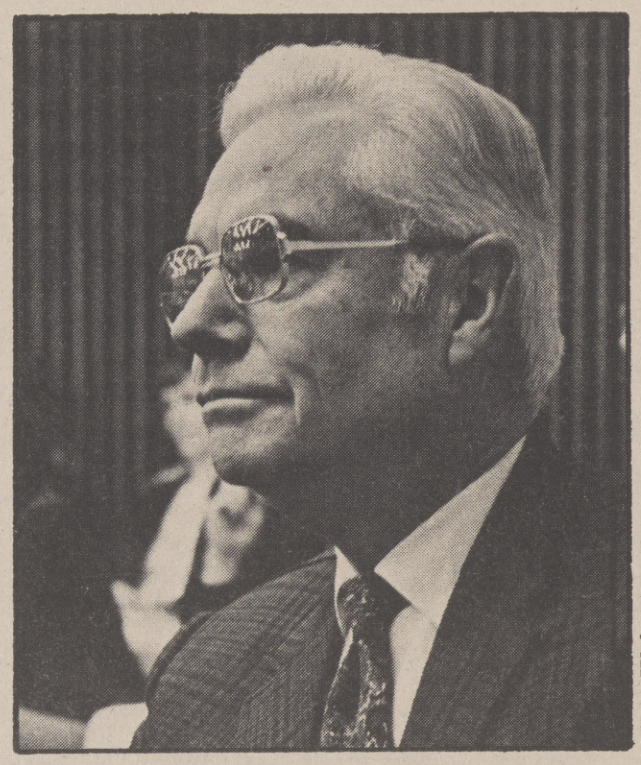
Dr. Jaffe commented on Dr. Page's "deep and abiding love of books and his protean information." Dr. Page said: "In all the years I've been here, this is the most meaningful honor I have received."

Added to his love of medicine and books is Dr. Page's love of writing. In addition to 125 articles dealing with the physiology and biochemistry of human pregnancy, he is the author of a textbook, "Human Reproduction," published in 1972, and now in its second printing. And after completion of the organizing of Rutgers' OB-GYN department, Dr. Page plans to return to his home in Napa, California to complete a book to be called "The Magnificent Charlatan," a fictionalized biography of a famous Bay Area quack named Dr. Albert Abrams, for which Dr. Page has been gathering material for many years. Dr. Abrams, who started in his medical career as a pathologist, made a fortune when he changed his specialty to diagnosing and treating disease with a machine he devised.



Dr. Ernest Page, former Chairman of the Department of Obstetrics, displays the plaque commemorating his library which he donated to UCSF.

Dr. Rule Retires



Tom Walters

Dr. Robert W. Rule, Jr., Associate Dean, School of Dentistry is retiring after 33 years of teaching and administration activities at UCSF.

Dr. Robert W. Rule, Jr. is retiring, after a distinguished University career spanning thirty-two years. Dr. Rule entered private practice in San Francisco upon graduation from UCSF School of Dentistry in 1931. Twelve years later, he joined the faculty of the School of Dentistry as Chairman of the Section on Periodontics, and an Assistant Professor of Operative Dentistry.

In 1947, Dr. Rule became Chairman of the Division of Operative Dentistry. He served as chairman in that division until 1962 when he was made Assistant Dean of the School. For the past ten years, Dr. Rule has held the title of Associate Dean, School of Dentistry.

Dr. Rule's contributions to dental education have been considerable. He served as Chief of Dental Staff at Children's Hospital, consultant in periodontics and operative dentistry at Letterman General Hospital and at Ford Ord; he has represented our school at national meetings of the American Association of Dental Schools, the Council of Faculties of the American Association of Dental Schools (AADS), the AADS Dean's meetings, and the Deans-Dental Examiners Meeting of the 10 western states.

Dr. Rule has served on numerous school, campus, and statewide University committees; among his most recent committee appointments are the campus Affirmative Action Committee, Coordinating Committee of the San Francisco Academic Senate, the Ad Hoc Committee on Senate Membership for Clinical Title Holders, and the School of Dentistry By-Laws and Rules and Regulations Committees. In addition to these University committees, Dr. Rule has also served on committees in the California Dental Association, S.F. District Dental Society, and the American Association of Dental Schools.

In the area of professional service, Dr. Rule has presented over thirty papers to various dental groups and has participated in 34 clinics throughout the U.S. and in Mexico.

Throughout his long and active career, Dr. Rule has received many awards in recognition of his work. Most recently he was recognized by the dental students for his contributions to their education at the Awards Ceremony on May 13, 1975, where he received a special award and a standing ovation.

Dr. Paul Ebert Surgery Chairman

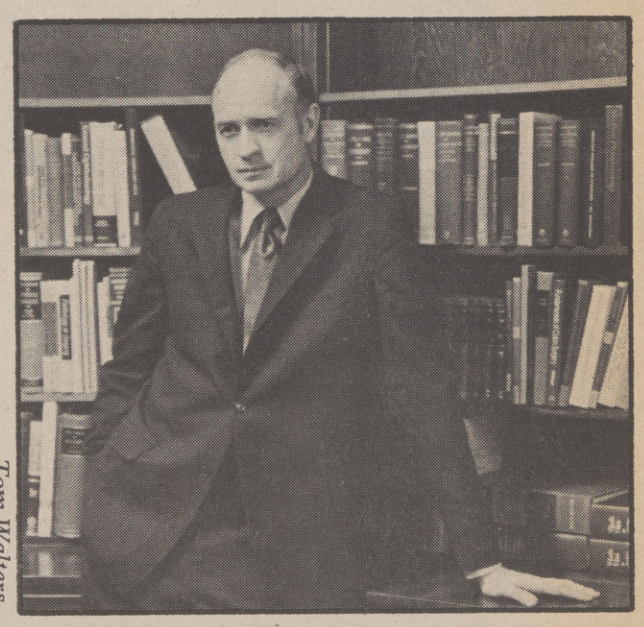
Dr. Paul A. Ebert, former Professor and Chairman of the Department of Surgery at Cornell University Medical College, has been named Professor and Chairman, Department of Surgery at UCSF, effective July 1, 1975.

He succeeds Dr. J. Englebert Dunphy, who is retiring after more than ten years as Department Chairman. Dr. Dunphy will continue teaching and research as well as lecturing and writing in the field of surgery.

Dr. Ebert received his B.S. and M.D. degrees at Ohio State University, where he was also an all-American basketball player. He served his internship and residency at Johns Hopkins Hospital, later was on the faculty of Duke University Medical Center, and in 1971, was appointed Department Chairman at Cornell. He served concurrently as Surgeon in Chief of Cornell's New York Hospital.

Widely known for his work in the field of cardiovascular diseases and surgery, Dr. Ebert's special interest lies in complicated heart diseases of infants. As a cardiovascular surgeon, he also now holds a joint faculty appointment in UCSF's Cardiovascular Research Institute.

He is a member of some 20 scientific and professional societies and is the President-elect of the Society of University Surgeons, of which Dr. Dunphy is a past President. Dr. Ebert and his wife, the former Louise Parks, are the parents of three children.

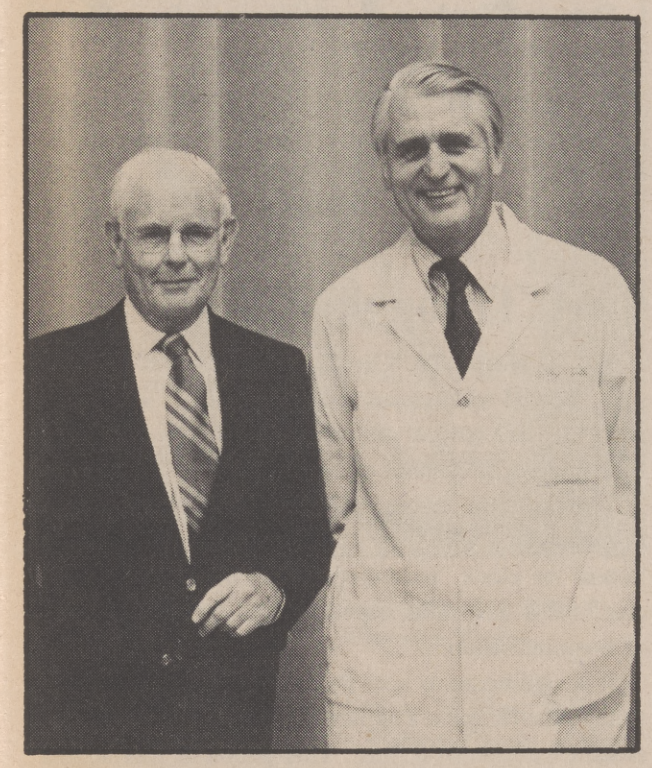


Tom Walters

Paul A. Ebert, M.D., has succeeded J. Englebert Dunphy, M.D., as Chairman, UCSF Department of Surgery.

Auxiliary

A Most Unusual Grand Rounds



Dr. J. Englebert Dunphy, retiring Chairman of Surgery (left) and Dr. Lloyd H. Smith.

Dr. J. Englebert Dunphy, retiring Chairman of the Department of Surgery and now Professor Emeritus, starred in a farewell performance at UCSF Medical Grand Rounds on June 18.

He was teamed with his long-time friend Dr. Lloyd H. Smith, Jr., Chairman of the Department of Medicine, who both came to UCSF ten years ago to head their respective departments.

Dr. Smith gave an incisive presentation on "Hemachromatosis," following which Dr. Dunphy delivered an equally incisive, if somewhat less formal lecture, on "Surgery of the Biliary Tract, Past and Present." In fact, the audience was laughing so hard it may have missed some of the more trenchant points Dr. Dunphy was making.

Actually, the overall tone of Grand Rounds this day was uncharacteristically Vaudevillean; the audience reacted as if in the presence of two expert stand-up comics rather than the distinguished professors they are known to be.

Dr. Smith paid graceful tribute to Dr. Dunphy with such phrases as "he touches nothing that he does not adorn," "he is the principal architect of a magnificent Department of Surgery," and "his qualities and accomplishments have enriched this campus and American medicine." He also pointed out that as great men often have towns named after them, such is the case with Dr. Dunphy. Dr. Smith then proceeded to show the audience a home movie of his odyssey to the town of Dunphy, Nevada, which, after a harrowing search across miles of desolate flat land, he finally found. It consisted of thirty tents plunked in the center of sagebrush and sand.

Joan Spiegelhalter

Campus Talent at "Potpourri"

For the second year, an outstanding array of UCSF campus talent was displayed at the "Potpourri of Musical Arts," sponsored by the UC Hospitals Auxiliary. The concert and reception was held May 16 at the Century Club to benefit the Moffitt Hospital Meditation Room, nearing completion.

Chairpersons were Mrs. Verne T. Inman and Mrs. Edwin G. Bovill of the Auxiliary Board. "Maestro" Ephraim P. Engleman, M.D., Professor of Medicine, directed the program of classical music, jazz, dance, and song.

Among those in the audience were Chancellor and Mrs. Francis Sooy; former Chancellor and Mrs. John B. Saunders; Dean and Mrs. Julius Krevans, and Hospitals and Clinics Director Robert Derzon and Mrs. Derzon.

Musical groups included Dr. Engleman's "San Andreas Quartet," a chamber music ensemble; a piano quartet led by Dr. Peter F. Ostwald, Professor of Psychiatry; and a rock group led by Dr. John Conte, Director, Emergency Service. Other performers included Dr. Roberto Escamilla, Professor of Medicine; and medical students John Butterle and Giles Diesdicher.

Soloists included jazz pianist Dr. Dennis Zeitlin, Assistant Professor of Psychiatry; harpist Marisa Giedt, a nursing student; pianist Dr. Felix Kolb, Professor of Medicine; and exotic dancer Eileen Murphy, a medical student. Guest artists included Charles Cannady, vocalist, pianist Al Trobbe, and others.

Buy Your Cookbook

Several hundred copies of "The Gourmet Physician, Volume II" have been donated to the UC Hospitals Volunteer Service and are for sale at $2.50 each to benefit patients' needs.

The cookbooks are the gift of Ernest Page, M.D., former Chairman of the Department of Obstetrics and Gynecology, who left UCSF during June to become Professor and Chief, Department of Obstetrics and Gynecology at Rutgers University, New Jersey. Dr. Page was a member of the faculty here since 1942.

Volume II of "The Gourmet Physician" was published in 1970. It was compiled by Dr. Page, an accomplished gourmet chef, and other members of the Ob-Gyn Department as a sequel to the popular Volume I of the cookbook, which was completely sold out.

In addition to containing a collection of appealing recipes, Volume II includes a section of favorite recipes of San Francisco restaurants, and has appendices which give all kinds of useful culinary and household information.

Copies are available at the Volunteer Office, or by sending $2.50, plus 25 cents for postage and handling to Mrs. Betty Cunningham, Director of Volunteers, UC Hospitals, Room 162 U, San Francisco, CA 94143. Checks should be made to "UC Hospitals Volunteer Services."

Art Exhibits Resumed

A new series of month-long art exhibits will brighten the Moffitt Hospital lobby area, announces Mrs. Robert B. Hutchins, Jr., President of the UC Hospitals Auxiliary, which sponsors this program to benefit year-round patient needs.

Mrs. David Allen, of the Auxiliary's Board, has been appointed to head the Art Committee, and members are Mrs. Francis Sooy, Mrs. Edwin Bovill, and Mrs. Hugo Martinez.

Artists who would like to participate in the exhibits are invited to submit their works for review. Art works are offered for sale and a percentage of the artists' commission is retained to benefit Auxiliary projects.

Further information may be obtained by calling the Auxiliary's Secretary, Joan Brandt, 666-4906.

Summer Student Volunteers

The Summer Student Volunteer Program is now underway in the UCSF Hospitals and Clinics and will continue until school resumes in the Fall. An all-day orientation and training session was conducted Friday, June 20 by Rita Ryland, R.N., Clinical Instructor and Nursing Supervisor, and Dorothy Sayre, Staff Development Instructor, Nursing Service.

Many of the summer volunteers are health sciences students on vacation from U.C. (including the Davis campus), San Francisco State University, City College of San Francisco, and San Francisco high schools.

Mrs. Betty Cunningham, Coordinator, Volunteer Services, reports that they have been assigned to the Nursing Units, Operating Rooms, Pediatrics Playroom, Research areas, various Clinics and Hospital Admitting. They are also helping to staff the Gift Shop, and the gift and library carts.

The traditional reception honoring the summer volunteers will be hosted by Chancellor and Mrs. Francis Sooy August 7 at University House. However, some of the student volunteers will remain on the job through September, returning to their University classes in October.

AUXILIARY MEMBERSHIP
application
U C HOSPITALS

Fill this out and Mail to:
Moffitt Hospital, U.C. San Francisco 94143

NAME_____

ADDRESS_____

Types of Membership:

ACTIVE .....$10 per year	CONTRIBUTING ...$25 per year
ALUMNI .....$10 per year	SUSTAINING .....$50 per year
VOLUNTEER (those active in volunteer service at UC Hospitals) .....$2 per year	PATRON .....$100 per year
STUDENT (open to all students and their spouses) ...$2 per year	SPONSOR .....$150 or more per year
	LIFE $500

Membership is tax deductible

Hospitals and Clinics: Synergy

Audiology Communication Skills Taught

A 55 year old widow (let's call her Alice) had become increasingly withdrawn. She avoided social gatherings, evenings at the theater, and dining out with friends, all of which she had once enjoyed.

Although even she wasn't fully aware of it, her growing loneliness was mostly a result of an invisible, often misunderstood handicap . . . a hearing loss. Alice is typical of many individuals of all ages whose hearing problems cannot be effectively corrected by medical procedures, or by hearing aids alone. What she really needed—and fortunately found at UCSF—was help in learning how to cope in a world of normal, hearing people.

Today, Alice is as active and busy as ever before. The program that made all the difference is conducted by the UCSF Audiology and Speech Clinic, headed by Richard M. Flower, M.D., Vice-Chairman, Department of Otolaryngology. Audiologist Carol Carman, M.S., and Speech Pathologist Carol Friedenberg, M.S., are leaders of this innovative approach to conquering hearing problems.

Patients are referred by their physicians. They attend a series of six, intensive five-hour, small group sessions held weekly at the Medical Center. Several groups have "graduated" from the program and a new series is scheduled whenever there is sufficient demand.

Those participating are people from all walks of life, with mild to severe hearing loss. Although some are of retirement age, the majority are actively employed men and women in the productive years. Each patient is urged to bring a spouse, other family member, or close friend to the group sessions.

Carol Friedenberg explains: "A hearing loss can be an insidious problem. Because it affects not only the patient, but everyone close to that individual, it is especially important for families and friends to understand what is happening."

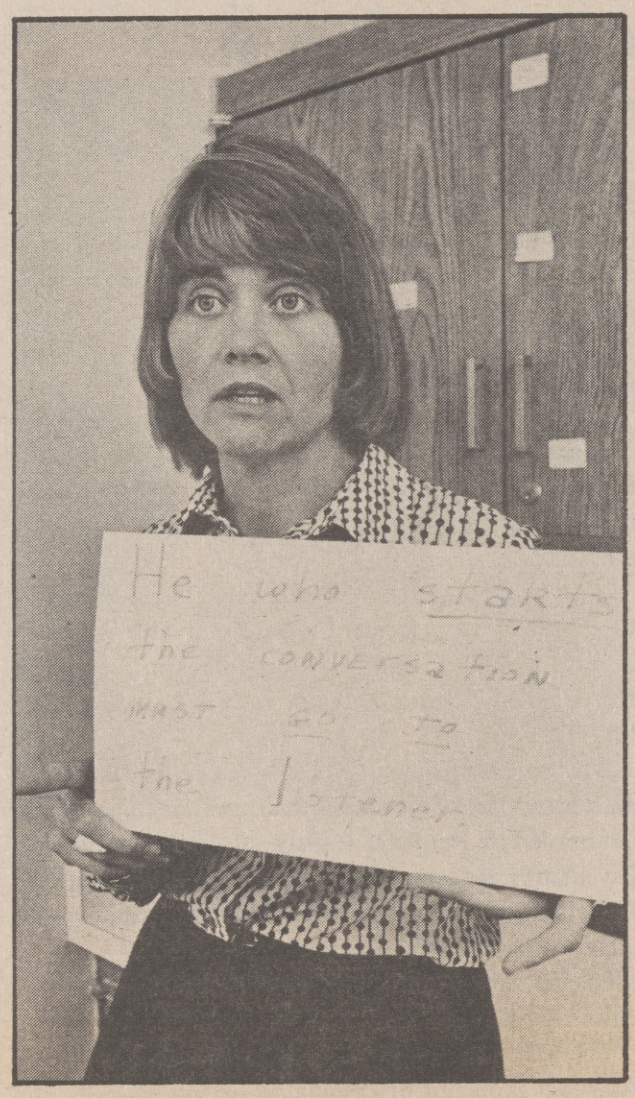
Loss of hearing may occur gradually and the range and quality of sounds one is able to hear can vary widely. Before entering the program, each patient is given a complete hearing test, and later receives a copy of the audiogram (a graph illustrating the nature of the hearing loss).

There is intensive instruction in communications skills. The group practices a modern method of speechreading in which not only the position of the speaker's lips, but his total expression, the sense and context of what is being said, and other important clues, are emphasized.

"The best approach to understanding is a combination of hearing and seeing," point out the leaders of the program.

Members of the group learn to recognize many common words often misunderstood by those with hearing loss. There is a definite pattern of substitution of words with similar sounds, such as "light" and "night"; "fell" and "feel."

The group discusses ways of "stage managing" everyday situations as an aid to communication. For example, a hearing handicapped person should seat himself opposite the person speaking, rather than next to him, and should avoid facing a window, or bright light.



Tom Walters

Speech Pathologist Carol Freidenberg, M.S., instructs patients with hearing loss in communications skills.

Members exchange ideas on the best place to sit at a dinner table, or at the theater; how to enter a group conversation at a crowded party; and how to choose a restaurant where the furnishings and acoustics will help, rather than hinder, conversation.

At one session, to test their powers of observation, members are blindfolded and asked to recall details about the room in which they are meeting and the kinds of clothing others present are wearing. In another exercise, videotapes are filmed as members try to carry on conversations over interfering background noise, such as radios playing. The films are played back later so that the group can see itself in action.

These are only some of the many practical ways in which these Audiology Clinic patients are guided in helping themselves to master hearing loss.

Anyone who has difficulty hearing, or who lives or works with someone with a hearing handicap, could benefit, for example, from this advice:

1. *If you have a hearing handicap:* When you don't understand what the speaker has said, ask him to rephrase the statement. If you have understood some words, repeat those words in a question to get what you missed, e.g.:

Speaker: "You have an appointment (Tuesday) at four o'clock."
Listener: "What day is my appointment at four o'clock?"

2. *To communicate with a hearing handicapped person:* Never assume that he has understood what you have said if he answers merely "Yes" or "No." Get a specific response, e.g.:

Speaker: "You have an appointment at four o'clock."
Listener: "Yes, four o'clock."

The truism that "conversation is a two-way street" applies all the more when a hearing handicap is involved!

Claire Wray

Care Through Parents

Moffitt Hospital's "Care Through Parent" program has received widespread attention since it was initiated here several years ago by the Pediatrics staff and UCSF School of Nursing.

The program encourages mothers to stay overnight at the hospital with their children in order to provide 'round the clock "parenting," often the best "medicine" for a sick child, especially during the first days of hospitalization.

It is significant to note that the idea succeeded in spite of the Hospital's apparent lack of space to accommodate parents overnight. This problem was solved by converting the Pediatrics Playroom into a dormitory at night, using six roll-away beds provided by the UC Hospitals Auxiliary. These were augmented by six convertible chair-beds, used in the isolation rooms, and recently, by two Japanese floor pads also presented by the Auxiliary.

According to the parents who have participated in the program, it's like "camping out," but more than worth any inconvenience.

Carol Hardgrove, M.A., Associate Professor, UCSF School of Nursing, recently completed a nationwide survey of parent-involvement in pediatrics programs. She reports that more and more hospitals are following Moffitt Hospital's model and making similar use of space to accommodate parents.

Mrs. Hardgrove was recently elected Vice-President of the Association for the Care of Children in the Hospital. At the Association's recent Tenth Annual Convention, in Boston, Mass. a film, made at UCSF about the "Care Through Parent" program was shown. Mrs. Hardgrove also is the co-author, with Ann Rutledge, R.N., Staff Development Instructor, UC Hospitals and Clinics, of an article "Parenting During Hospitalization," which was published in the May issue of the *American Journal of Nursing*. A similar article written by Carol Hardgrove was published recently in the International *Australasian Nurses' Journal*.

Claire Wray

Reporting Injuries

A current directive from Mr. Edward Mayberry, Supervisor, Workmen's Compensation and Physical Safety, reminds UCSF employees that all work-incurred injuries are to be reported as soon as possible to their supervisor. Treatment is available 24 hours a day at Moffitt Emergency Room (1st floor, Moffitt Hospital).

SFGH

New Sculpture for Plaza

Mary Fuller McChesney, sculptor and resident of Petaluma, who created the Kneibler Totem.

"The Kniebler Totem," a sculpture by Mary Fuller, commissioned for the UCSF Medical Center, is being installed in the Ambulatory Care Center Plaza here.

Another sculpture, "Dos Liones," by the same artist, has been commissioned for the new San Francisco General Hospital, nearing completion.

The artist, a resident of Petaluma, is a writer as well as a sculptor. Born in Kansas in 1922, she grew up in the Central Valley of California and, after studying philosophy at the University of California at Berkeley, took up sculpture "to recover," as she puts it.

She was a welder in Bay Area shipyards during World War II, has published three mystery novels, numerous short stories and poems. Her articles on art have appeared in such publications as "Art Digest," "Artforum," and "Art in America." Her art book, "A Period of Exploration," was published by the Oakland Museum in 1973, and her "Guidebook to the Spas of Northern California" was published in 1975 by the Ward Ritchie Press.

She has exhibited sculpture at the Syracuse Museum, New York, the San Francisco Museum of Art, the Oakland Museum, and at many private galleries in San Francisco and the Bay Area.

Diet by Prescription

Every day, the waiting rooms of the SFGH clinics are crowded with San Franciscans representing a wide spectrum of ages, ethnic groups, occupations, and lifestyles. Among them are Spanish speaking housewives and working men from the Mission District, Filipino-Americans from South of Market, and elderly pensioners who live alone in downtown hotel rooms.

To provide effective health care for these and other patients served by the Hospital takes skill, imagination, and sensitivity to each individual's special needs.

It is this kind of concern for human differences that motivates Natasha Gorbatenko, R.D., a vibrant young Clinical Dietician assigned to the SFGH Adult Health Center Clinics. Natasha's duties include formulating diet prescriptions for patients at the request of their physicians, counseling outpatients on weight control and other nutritional problems, and conducting nutrition seminars for fourth year medical students, interns and residents.

A native San Franciscan of Russian parentage, Natasha earned her professional degree at California Polytechnic University, San Luis Obispo. She completed her dietetic internship at the Veterans' Administration Hospital, Los Angeles, and was employed at private hospitals before coming to SFGH. She speaks Russian and is fluent in Spanish . . . a special asset at San Francisco General.

Patients are referred to her by physicians in the Medical, General Surgical, Orthopedic, and Specialty Clinics where weight control and special diets are often indicated for control of such conditions as hypertension, diabetes, and cardiovascular disease.

"A diet prescription," says Natasha, "should not be merely a written piece of paper. It should be a total, comprehensive plan that can be applied to the individual's day-to-day living habits."

Patients are interviewed in a cozy consultation room, furnished with a brightly upholstered settee and armchair. On the first visit, she spends as much time as possible getting to know the patient. First she reviews the medical history, then she obtains answers to questions like these:

Does the patient live alone or in a family setting? Does he or she lead an active, or a sedentary life? Is cooking done on a range? . . . a hotplate? . . . Does the patient have a refrigerator? (A surprising number don't have.) Are meals often eaten in restaurants?

Then she learns about the patient's eating habits: the kinds and quantities of food consumed, and personal food preferences and dislikes, which vary widely depending on the patient's cultural background. Finally, Natasha works out a suitable diet plan, which may be translated, in written form, into Spanish, or Tagalog, if needed.

Now, how to get the patient to *stay* on the diet? "It's almost impossible without follow-up," says Natasha. For some, individual appointments with the dietician are the best answer. Others respond best by meeting with groups of fellow dieters. To accommodate them, Natasha has organized several groups which she calls "Waist Watchers." One group is conducted in Spanish, another in English, and there is an evening group for working people.

E. Kolsanoff

Natasha Gorbatenko, Clinical Dietitian SFGH Adult Health Center, "Weighs In" Louisa Ordonez, a member of the Spanish-speaking "Waist Watchers" Group.

Natasha acts as moderator, letting her "Waist Watchers" do most of the talking. They share their problems and compare ideas on how to prepare nutritious low-calorie, and low-cholesterol meals using the foods they like.

When a patient fails to return for a follow-up session, Natasha phones, or writes a letter to find out why.

Although she sees more than 80 clinic patients weekly, Natasha finds the time for community outreach projects, too. Currently, she is counseling Spanish speaking people at the nearby Centro Latino Community Center, and she is a regular participant in public education programs sponsored by the San Francisco Diabetes Association. She also acts as a consultant to the Hospital's Employees' Health Service.

Claire Wray

SFGH Auxiliary Sponsors Gift Shop

The new San Francisco General Hospital, opening in a few months, will have a lobby gift shop, a television concession which will make TV sets available for all patient rooms and public areas, and a food vending-machine service for patients and staff.

These projects, to be sponsored by the SFGH Volunteer Auxiliary, will raise funds for year-round patient needs.

The Auxiliary will be employing Mrs. Hilda Penn as Manager of the gift shop. Mrs. Penn was, for many years, the Executive Director of the Volunteer Bureau of San Francisco (the City's training and recruitment agency for Volunteers). The gift shop will be staffed by the Hospital's volunteers under direction of Mrs. Olga Clifton.

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Inside

Viruses are being studied because of increasing evidence that they may be agents involved in multiple sclerosis, cancer, birth defects, and many other conditions. 1

A review of early research results on a study of breast cancer indicates several areas that need further investigation. 3

Grass roots fund-raising is an important and much appreciated source of support for research. 4

Community representatives are meeting with UCSF health professionals and administrators to exchange information and skills to ease problem areas in health care. 6

Being fluent in Russian and Spanish, as well as the English language, is part of young Natasha Gorbatenko's success as a Clinical Dietician at SFGH. 15

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Summer or Winter there are blossoms... (see page 7)